Patent claims

1. A method for managing dietary habits, characterized in that:

   - the required energy supply during the specific period of user's activity is defined,

   - information concerning the consumed products and times of consuming is introduced,

   - energy supplies to the human organism are calculated basing on the information concerning the energy content in food products and absorption velocity of alimentary components supplied in food from which human organism gets its energy.

2. The method according to claim 1, characterized in that the periods of adequate nutrition, malnutrition and excessive nutrition are determined.

3. The method according to claim 1, characterized in that the requirement for the daily energy supply from the awakening to the falling asleep of a user is determined.

4. The method according to claim 3, characterized in that the requirement for energy is determined by dividing the period of activity into smaller units determining the energy which should be supplied in each unit.

5. The method according to claim1, characterized in that the requirement for the energy supply is presented in a form of a diagram which shows the maximum and minimum supplies of energy in the time of activity period.

6. The method according to claim 1 or 5, characterized in that after the calculation the energy supplies to the human organism are presented in the form of a diagram illustrating the energy supplies during the time of activity period.

7. The method according to claim 6, characterized in that the periods of malnutrition and excessive nutrition are indicated in diagram.

8. The method according to claim 1, characterized in that a list of recommended dishes is presented taking into consideration the information concerning the health state of the user.

9. The method according to claim 8, characterized in that the information concerning the health state of the user includes the information concerning particular inclinations of the user including the inclination to obesity.

10. The method according to claim 1, characterized in that the list of recommended dishes is presented taking into consideration the information concerning the user's activity.

11. The method according to claim 10, characterized in that the information concerning the user's activity includes the information concerning the changes of the user's lifestyle.

12. A system for managing dietary habits, characterized in that contains the following:

   - a storage element for storing information about the requirements for energy supplies during the specific activity period and for storing information about products, said information concerning the energy content and the velocity of the energy supplied to the human organism after consuming these products;

   - a loading element for loading information concerning the consumed products;

   - an analytical element for calculating the quantity of energy supplied to the human organism as the result of digesting the alimentary components from which the human organism draws the energy during the time of the active period and for the identifying the periods of malnutrition and excessive nutrition;

   - a displaying element for displaying the amount of energy supplied to the human organism at that specific period of time as a result of digesting the alimentary components from which the human organism draws the energy and periods of adequate nutrition as well as periods of malnutrition and excessive nutrition.

13. A computer program for managing dietary habits, characterized in that comprises the following programming code modules recorded on a data carrier readable by means of a computer:

   - a storage module for storing information about the requirements for the energy supplies during the specific activity period and for storing of information about products, said information concerning the energy content and the velocity of the energy supplied to the human organism after consuming these products;

   - a loading module for loading information concerning the consumed products;

   - an analytical module for calculating the quantity of energy supplied to the human organism as the result of digesting the alimentary components from which the human organism draws the energy during the time of the activity period and for the identifying the periods of malnutrition and excessive nutrition;

   - a display module for displaying the amount of energy supplied to the human organism during the period of time as a result of digesting the alimentary components from which

the human organism draws the energy and periods of adequate nutrition as well as periods of malnutrition and excessive nutrition.

14. The computer program for managing dietary habits, characterized in that it serves to implement the method according to one of the claims 1 to 11.